

The British Medical Association
in Mr. D. Cook's Compliments

Tendring Rural District Council.

ANNUAL REPORT
OF THE
MEDICAL OFFICER
OF
HEALTH.

FOR THE YEAR 1894.

CLACTON-ON-SEA:
PRINTED BY A. QUICK & CO., LTD., "NEWS" OFFICE.

1895.

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Tendring Rural District Council.

MEDICAL OFFICER OF HEALTH'S OFFICE,

COLCHESTER, 31ST JANUARY, 1895.

TO THE TENDRING RURAL DISTRICT COUNCIL.

MR. CHAIRMAN AND GENTLEMEN,

I have the honour to present to you my annual report of the district recently come under your charge, which district is made up of 29 parishes in the Union of Tendring.

The area of the district is 76,324 acres, and the population, as per 1891 census, 24,034; the estimated population to the middle of 1894, being 25,309.

In 1894, 345 deaths, and 701 births were registered in the district, so that the natural annual increment would be 356.

The deaths resulted from the following causes—

Diseases.	No. of Deaths.	No. under 5 years of age.
Diphtheria ..	12	7
Membranous Croup ..	3	3
Whooping Cough ..	16	16
Typhoid Fever ..	1	0
Diarrhoea ..	4	1
Puerperal Fever ..	1	0
Phthisis ..	23	0
Bronchitis, Pleurisy and Pneumonia ..	52	18
Heart Disease ..	28	0
Injuries ..	6	0
Influenza ..	6	1
All other Diseases ..	193	63
	<u>345</u>	<u>109</u>

It will be noticed that there is a decrease in the total number of deaths and also in the number under five years of age which is satisfactory.

The death rate for the entire district is 13·63, per 1,000 of the estimated population, against 15·31 in 1893, and 17·6 in 1892. This is the lowest death rate that has occurred in the district; it may be interesting if I add the death rates for the several years since my annual report has been printed and filed.

1878, 16·7	1879, 15·6	1880, 16·3	1881, 15·8
1882, 16·9	1883, 16·3	1884, 16·3	1885, 15·8
1886, 17·8	1887, 15·3	1888, 16·7	1889, 16·5
1890, 16·7	1891, 16·4	1892, 17·6	1893, 15·3

In the sub-registration districts the death rate was—

Manningtree Sub-district	11·47 per 1,000
Thorpe	19·00 „
Ardleigh	12·29 „

The death rate under five years of age for the entire district is 4·26, per 1,000 living; and the infantile death rate equals 108·41, per 1,000 children born. I may add that the death rate under five years of age for 1893 was 4·99.

The various ages at which death took place were—

Under 1 year	..	76
Between 1 and 5 years	..	32
„ 5 „ 15 „	..	20
„ 15 „ 25 „	..	20
„ 25 „ 65 „	..	—
65 years and upwards	..	124

Of those over 65 years,

24 died before reaching	..	70
66 „	..	80
30 „	..	90
3 „	..	100

while the death of Miss Alice Fox, of Tendring, is registered at 102, which was the greatest age attained.

The death rate from zymotic diseases was 1·46 per 1,000 against 1·67 for 1893.

During the year there were 47 deaths among persons in receipt of parochial relief in the district, of which 28 took place in the Union Workhouse; and 19 in out-relief cases. Of these last, four occurred in the Manningtree district, one in the Thorpe district, and 14 in the Ardleigh district.

The deaths in the Union Workhouse were caused by the following diseases and at the ages understated—

Diseases.	Under 1 year.	25	65	70	80	Total.
Old Age	0	0	0	4	5	9
Cancer	0	4	1	3	0	5
Embolism of Lung		1	0	0	0	1
Abscess	0	0	1	0	0	1
Bright's Disease	0	2	0	0	0	2
Heart Disease	0	2	0	0	0	2
Tuberculosis	0	1	0	0	0	1
Diarrhoea	0	0	0	1	0	1
Bronchitis	0	2	0	0	0	2
Apoplexy	0	0	2	0	0	2
In Anitation	1	0	0	0	0	1
Ch. Rheumatism	0	1	0	0	0	1
	<hr/> 1	<hr/> 10	<hr/> 4	<hr/> 8	<hr/> 5	<hr/> 28

Eight of those dying in the Union did not belong to the district under your charge, as one came from Great Clacton, five from Harwich and Dovercourt, one from Walton-on-Naze, and one from Ipswich.

The following table will show the deaths in the various parishes as they took place.

Parish.	1st Qr. M. F.	2nd Qr. M. F.	3rd Qr. M. F.	4th Qr. M. F.
Alresford	1 0	0 0	0 0	0 0
Ardleigh	5 2	3 1	2 3	1 1
Beaumont	2 1	0 0	0 0	1 1
Bentley, Great	2 2	3 2	2 1	2 1
Bentley, Little	1 1	0 0	1 0	0 0
Bradfield	3 1	1 2	3 1	1 0
Brightlingsea	14 11	5 5	6 5	5 5
Bromley, Great	1 1	2 1	2 0	0 0
Bromley, Little	0 0	0 1	0 0	0 0
Clacton, Little	2 1	0 0	1 1	0 0
Elmstead	1 3	5 0	0 1	1 1
Frating	1 0	0 0	0 1	1 0
Frinton	1 0	0 1	0 0	1 0
Holland, Great	2 2	1 0	0 0	0 2
Holland, Little	0 0	0 0	0 0	0 0
Kirby	1 1	1 0	4 3	5 3
Lawford	1 4	1 1	3 5	0 2
Manningtree	2 4	0 0	0 2	0 1
Mistley	0 9	0 2	3 3	1 5
Oakley, Great	2 2	2 3	1 1	2 4
Oakley, Little	0 2	0 0	0 0	0 1
Ramsey	1 1	0 1	3 2	3 1
St. Osyth	3 1	0 1	7 3	2 4
Tendring	7 1	5 4	4 4	4 4
Thorpe	6 2	1 2	3 0	1 1
Thorington	0 1	0 2	0 0	0 0
Weeley	1 5	2 1	1 1	1 1
Wix	1 2	2 3	0 0	1 0
Wrabness	1 0	0 1	0 1	0 0
	62 60	34 34	46 38	33 38

As I have stated there were 701 births registered during the year, being 359 boys, and 342 girls.

The birth rate for the entire district is 27·69 per 1,000 of the estimated population, and in the separate registration districts,

Manningtree	28·55
Thorpe	27·23
Ardleigh	26·93

The quarterly table stands thus—

Quarters.	Manningtree Dist.		Thorpe Dist.		Ardleigh Dist.		Totals.
	M.	F.	M.	F.	M.	F.	
1st	27	42	17	19	38	41	184
2nd	27	35	40	18	49	23	192
2rd	18	17	30	22	40	39	166
4th	14	39	23	15	36	32	159
Totals	86	133	110	74	163	135	701

SICKNESS.—There has been much less general sickness in the district than there was in 1893. Under the Infectious Diseases Notification Act, 128 cases have been certified, while in 1893 there were 283.

INFLUENZA has never really been absent in this part of the country, a case has appeared when least expected, although not of a violent kind. In the first quarter of the year six deaths were attributed to this malady.

SMALLPOX.—In various parts of our county this disease prevailed, and in the history of a case that happened near Maldon a connection with a part of this district near Harwich was mentioned. I made careful enquiries at the time, but was unable to discover any trace of it. I rejoice to say that we entirely escaped this disease.

DIPHTHERIA.—This disease showed itself in considerable proportions, in various portions of the district. In the Manningtree sub-district, only one mild case was certified in the town of Manningtree in July. In the Thorpe sub-district it raged in the early months of the year at Weeley, and here the Inspector of Nuisances had the misfortune to catch the disease when in the execution of his duty. In the third and fourth quarters of the year this disease extended to the adjoining parishes of Thorpe and St. Osyth, and also Kirby where, finding suitable ground, it raged considerably. It has been the opinion of medical men interested in the public health department, both connected with the Local Government Board and the various Sanitary Authorities, that an outbreak of diphtheria is generally preceded by the existence of a kind of contagious sore throat in the locality, especially amongst school children, which, although not showing the characteristic symptoms of diphtheria, yet the excretion from that malady, on bacteriological examination, is found to contain the germ of the graver disease. Acting on these facts, the Local Government Board intimated that excreta taken from such throats, if sent up by the Medical Officer of Health of the district, would be examined bacteriologically, and a report given, so that the necessary precautions might be early adopted. The new remedy, "Antitoxin," at the same time was being put on its trial, and was giving good results in this country. I asked and obtained your sanction to procure a supply of this remedy for use in the district, so that no time should be lost. Early in December I issued a printed circular to the various medical men practising in the district that I would transmit deposits from throats to the Local Government Board for examination, and would supply them with Antitoxin directly on application. I have, however, had no application, nor has there been a single case of diphtheria reported to me since. I am of opinion that such an examination as that proposed by the Local Government Board would be of the greatest advantage, as it would clear up whether the malady was diphtheria or not, and prevent many cases put down as being of that disease from inclusion in the annual summary. At the same time, I think that too much reliance ought not to be placed on a negative result, but, that in such an event, a second and even a third

examination should be carried out. If the bacillus of diphtheria is discovered the case is proved ; but to my mind, its not being found at the first attempt, does not prove its non-existence. I would again state that I shall be ready at all times to give any information or assistance to my medical brethren in this or any other matter connected with my office.

SCARLET FEVER.—Scarlet Fever, which was very prevalent in 1893 continued during the first two quarters of the year, especially in Wrabness, with a few cases in Parkeston, Wix, Manningtree, Great Bentley and Brightlingsea. The attacks were all of a very mild character, and no death took place. There were only 50 cases during the whole year, while in 1893 there were 137.

MEMBRANOUS CROUP.—Only four cases of Membranous Croup were reported to me, one of these occurred at Brightlingsea, one at Great Bentley, and two at Thorpe. Three deaths took place.

ERYSIPELAS.—There were 19 cases of Erysipelas in 1894, against 46 in 1893.

TYPHOID FEVER.—There were two cases of this malady, one at Brightlingsea in May, and the other at Mistley in September. Both cases were very mild, and there was no local cause for either, in fact, the one at Mistley was contracted in Suffolk, where the sufferer had previously resided, and she had been in Mistley but a few days when her illness began.

DIARRHŒA.—There was not the usual amount of Diarrhœa in the autumn, and only four deaths are attributed to that complaint.

PHTHISIS.—I am pleased to be able to report a decrease in this disease. In 1893, there were 37 deaths, while in 1894 only 23 took place. A movement has been for some time going on to include Phthisis under the Notification Act, but has not yet been successful. It is a step in the right direction, as doubtless the disease could be in a considerable degree controlled, by preventing the afflicted from sleeping with the healthy, and by rendering houses freer from rising damp than many at present are.

BRONCHITIS, &c.—Affections of the Chest were less severe and frequent there being 52 deaths from these diseases, while in 1893 there were 61, and in 1892, 117.

HEART DISEASE.—Heart Disease caused 28 deaths.

CANCER.—Cancer is credited with having been the cause of 16 deaths against 11 in 1893, and 13 in 1892.

PUBLIC HEALTH (Water) Act.—On my recommendation you granted 16 certificates under the Public Health (Water) Act, 1878, for newly erected houses in the district.

HOUSING OF THE WORKING CLASSES ACT.—I represented to you four houses as being unfit for human habitation, two at Great Bromley and two at Weeley. After due notice to repair, you took proceedings before the Magistrates, and obtained closing orders in each instance. The owner

of two of these houses is now having them made fit for habitation, and I believe will soon apply for the determination of the closing order. I have during the year inspected a good many houses occupied by the working classes, and found many in need of some repairs, which I have generally persuaded the landlords to have done.

HOUSE DRAINAGE.—I planned and arranged the drainage of eleven new houses at Wrabness. They drain to two cesspools in a market garden, which are regularly emptied and the contents put on the land. I likewise planned and saw carried out a system of drainage for a house at Great Bromley.

WATER SUPPLY.—At your desire I reported to you on the water supplies at Mistley, Tendring Row, and Lawford. You had the conduits at Mistley cleared out, and some repairs done to the Swan Basin, by which the supply was increased. On my recommendation you served a notice on Mr. Cardinall to provide a new supply for his house at Tendring Row, so that he had a new well dug at some distance from the house and the existing dead wells. Plenty of water was found but it has not been made use of, as on Mr. Cardinall's Agent requesting that the water should be analyzed, you refused to have it done, as you were of opinion it ought to be done at Mr. Cardinall's expense. The fine spring supplying the village of Wignall Street, Lawford, has been piped and protected as I proposed some years ago; the old dripping place has been done away with, and now an abundance of good clean water can be obtained without any difficulty.

TENDRING.—As I have stated above, a new well has been dug for Mr. Cardinall's property at The Row, but nothing whatever has been done to improve the drainage.

GREAT BENTLEY.—The very long spoken of drainage of Great Bentley Green has not yet been carried out. In fact, no progress has been made with the work, as the Local Government Board still insist on getting land for irrigation. By the desire of the Board, six holes were dug, six feet deep, in the position of the outfall, to find out what the soil is. As I expected, it was found to be a very strong clay, through which water would not permeate, and consequently not of any use for the purpose of irrigation. A further order has come down from London for another report to be furnished.

SCHOOL CLOSURE.—I have had to close various schools during the year on account of prevailing infectious sickness, and have given such certificates as were required.

SEWAGE PRECIPITATION.—The various tanks for the precipitation of sewage by Spence's alumine-ferric are working very satisfactorily, and no complaint is made about them.

FRINTON-ON-SEA.—On my advice you have had an arrangement carried out for flushing the present sewer at Frinton-on-Sea, by inserting valves in the man-holes. This is an improvement, but it does not meet

the requirements of the place. New buildings are being put up in various streets, and I hear a number of houses are to be erected this summer; it is therefore, most desirable that a permanent system of sewers should be planned and carried out without delay. The small rateable value of the place is an obstacle to this being done by the District Council, but if contributions could be procured from the larger owners of property to add to the loan that could be obtained, this necessary and desirable work might be speedily carried out.

BRIGHTLINGSEA.—A parochial committee was appointed by you for this parish, and a considerable amount of good work was carried out on its recommendation. The town has been newly and effectively lighted by gas lamps. A scavenger was appointed to empty privies, cesspools, and dustbins, but his work did not give the satisfaction that was hoped for either to himself or the inhabitants. I trust a better working plan may be adopted in the future, and I do not hesitate to say that, in a town of the size of Brightlingsea, it is essential that these receptacles should be regularly and thoroughly cleaned out. The parochial committee likewise paid considerable attention to the completion of the drainage of the town with an efficient out-fall; Mr. Radford, of Nottingham, a practical and experienced engineer, was employed to give a plan, and a very good proposal was put forward for the consideration of the parochial committee and your Council. The proposed situation of the out-fall did not meet with my approval, I think it should be further from the town, viz. : on the West Marsh. This matter is still under your consideration, and, from a conversation with Mr. Radford, I have no doubt he can alter the plan so as to meet with approval. It is highly necessary that this matter should be taken up again as early as possible, for one reason, to relieve Brightlingsea from the impeachment that has been brought against it in the recent theory of typhoid fever being propagated by oysters. There can be no doubt about the Colne oysters being free from such a charge; at Brightlingsea I only know of one point of sewage discharge that could affect an oyster bed, and the very large dilution that immediately occurs by mixture with the tidal waters must greatly counteract the risk of the mollusa being impregnated. Then again, higher up the creek, the risk must be very much less; and up the river and at Pye-fleet there can be no risk, as, at the latter place it is impossible for any sewage to reach the oyster layings. The set of the currents towards and into the Colne come direct, from the North Sea, so that there is a constant flow of fresh sea water into the river.

KIRBY.—When diphtheria broke out at Upper and Lower Kirby, the want of drainage was much felt, the ditches full and dirty, and sanitary alterations were necessary at many of the houses. These have been attended to, and at Lower Kirby the ditches have been opened and cleaned out so that water can get away, leaving the ground around the cottages in a dryer state. At Upper Kirby, a plan of the same kind as laid before you some years ago, was prepared by Mr. Stewart; that has

been under your consideration, and you referred it to the Parish Council for its remarks. I believe the sewer would work satisfactorily, but I fear it is too costly for the size of the hamlet.

NEW SEWERS REQUIRED.—I would draw your attention to the need of sewers in the villages of Great Oakley and Weeley. There is a sewer at Great Oakley, but it is not such as is now suited to the place, as it does not drain the whole village; while at Weeley, there are no sewers, and the present arrangements for getting rid of house drainage are very primitive and objectionable.

The following is a return furnished by the Inspector of Nuisances of the work done during the year :—

1.	Complaints received	16
2.	Cottages inspected	40
3.	Lodging-houses inspected	1
4.	Slaughter-houses inspected	2
5.	Filthy houses cleaned	1
6.	Houses disinfected	34
7.	Overcrowding abated	3
8.	Houses closed	4
9.	Houses erected or re-built, for which certificates were applied for	16
10.	Certificates granted	16
11.	Certificates deferred	2
12.	Defective pumps repaired, or new pumps erected to existing wells	3
13.	Houses connected with sewers	7
14.	Earth pail, or improved privies constructed, or existing privies altered	30
15.	Privies and W.C.'s repaired	33
16.	Animals improperly kept, removed	12
17.	Nuisances reported or detected	79
18.	Nuisances abated	79
19.	Notices served	87
20.	Summonses taken out	3
21.	Convictions—Defendants paid costs					

I now add a summary of works planned and carried out by the Inspector of Nuisances in each parish.

ARDLEIGH.—Diversion of main sewer from the street to out-fall tank.

BRIGHTLINGSEA.—Alteration and improvement to public spring of water. Relaying part of sewer in rear of Queen Street and Spring Road.

THORPE.—Trapping 23 gullies in Thorpe Street. Relaying sewer in Thorpe Street.

LAWFORD.—Construction of new conduit to convey water from the spring in Mr. Cropley's meadow to Wignal Street.

MANNINGTREE AND MISTLEY.—Fixing two large gullies and a large dip-trap at York Street, to prevent flooding.

FRINTON.—Constructing three flushing chambers.

WORK DONE ON PRIVATE PROPERTY.

THORPE.—Alterations and improvement to the drainage of the Rolph Schools.

GREAT BENTLEY.—Improvements to the drainage system at Moorlands.

LOWER KIRBY.—Three houses drained into a covered cesspool.

HOSPITAL TENTS.—The hospital tents were all erected on the lawn at the Union house, when they were inspected by your Council, and found to be in good order.

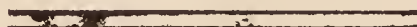
A considerable alteration in the working of the local government of the district has recently been brought into action by the creation of Parish Councils. I am inclined to think that improvements may be effected by the help of these new bodies, especially if your Council give to them the recommendatory powers of a parochial committee in some of the larger and more densely populated places. I shall be happy to give them any advice and assistance in my power.

I have the honour to be, Gentlemen,

Your obedient Servant,

JNO. W. COOK, M.D.,

Medical Officer of Health



A—TABLE OF DEATHS during the year 1894, in the Rural Sanitary TENDRING DISTRICT, classified according to Diseases, Ages, and Localities.

Names of Localities adopted for the purpose of these Statistics public institutions being shown as separate localities.	Mortality from all causes, at subjoined Ages.							Under 5 upwards	Mortality from subjoined causes, distinguishing Deaths of Children under Five Years of Age.																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
	At all ages	Under 1 year	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards		Smallpox	Scarlatina	Diphtheria	Membranous Croup	Fevers.					Cholera	Erysipelas	Measles	Whooping Cough	Diarrhoea and Dysentery	Rheumatic Fever	Ague	Phtisis	Bronchitis, Pneumonia & Pleurisy	Heart disease	Injuries	All other diseases	TOTAL																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
MANNINGTREE ...	88	20	3	4	8	16	37	Under 5 upwards</

The subjoined numbers have also to be taken into account in judging of the above records of mortality.

Deaths occurring outside the district among persons belonging thereto.	Under 5 5 upwards
Deaths occurring within the district among persons not belonging thereto.	3	5	Under 5 5 upwards	1	7	8

B—TABLE OF POPULATION, BIRTHS, AND OF NEW CASES OF INFECTIOUS SICKNESS, coming to the knowledge of the Medical Officer of Health, during the year 1894, in the TENDRING RURAL DISTRICT; classified according to Diseases, Ages, and Localities.

Names of Localities adopted for the purpose of these Statistics Public Institutions being shown as separate localities.	Population at all Ages		Registered Births	Aged under 5 or over 5	New Cases of Sickness in each locality, coming to the knowledge of the Medical Officer of Health.						Number of such Cases Removed from their Homes in the several Localities for treatment in Isolation Hospital.	
	Census 1891	Estimated to Middle of 1894.			Scarlatina	Diphtheria	Membranous Croup	Fevers				Erysipelas
								Enteric or Typhoid	Puerperal			
MANNINGTREE ...	7252	7670	219	Under 5 upwards	8	1	1	3	None	
THORPE ...	6342	6576	184	Under 5 upwards	26	9	2	1		
ARDLEIGH ...	10440	11063	298	Under 5 upwards	5	34	9	5		
				Under 5 upwards	1	...	1	1	...	1		5
Totals	24034	25309	701	Under 5 upwards	9	9	3	2	...	2		
					41	42	1	17		

State here whether "Notification of Infectious Disease" is compulsory in the District—Yes. Since when?—1st January, 1891.
 State here the name of the Isolation Hospital used by the sick of the District. Mark (H) the Locality in which such Hospital is situated; and if not within the District, state where it is situated.—No permanent Hospital, but there are Hospital Tents.

